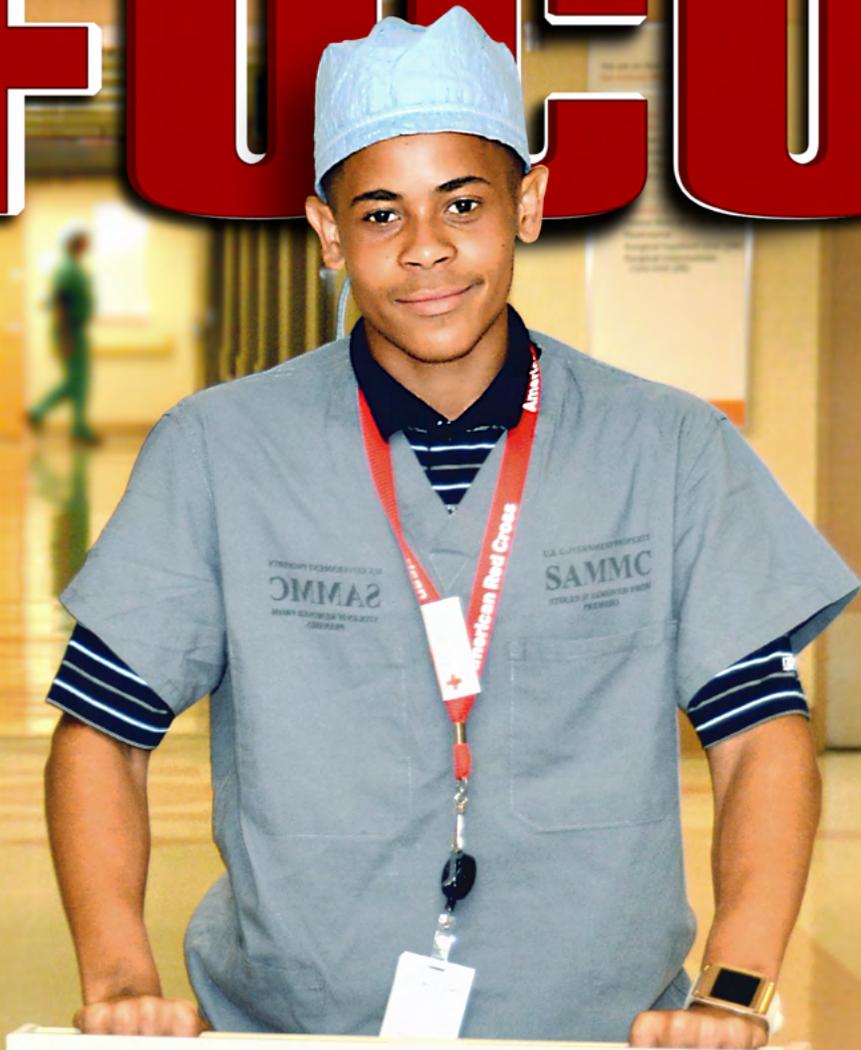


September 2016

BROOKE ARMY MEDICAL CENTER

FOCUS



Future Skills

Summer Teens gain experience through the BAMC Youth Volunteer Program

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BAMC FOCUS

SEPTEMBER 2016

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San Antonio Military Health System
Proud Partner

OUR COMMITMENT



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Team BAMC,

Labor Day is a day to recognize and honor our Nation's workforce whose dedication and hard work have made this nation great. It also marks the end of summer and the transition to fall. As we celebrate the last holiday of the summer season, let us remember to make safety a priority at all times.

The South Texas sunshine and hot temperatures favor the continuance of many outdoor activities - from boating to backyard barbecues. Whatever you choose to do, consider the associated safety risks and take actions to mitigate those risks. During the past few months, we have had a Soldier hit from behind by a careless driver while he was riding his bicycle to work. Another fell off and hit a pedestrian while participating in a community bike ride and yet another Soldier rode off the designated trail and fell. All three were wearing helmets and without the proper gear, the resulting injuries could have been devastating. Wear your protective equipment, to include a helmet and reflective clothing; outfit your bicycle with lights and reflectors; and be alert to all your surroundings. Drivers and pedestrians many times do not notice bicycles. It is up to you to ride defensively and most of all to make yourself visible.

Keep yourself, your family, and your friends safe.

I encourage all supervisors to talk with your personnel, ask about their plans, encourage the completion of a risk assessment, and provide a safety brief on associated hazards and risks. Include in the briefs weather related information such as heat exhaustion and hurricane preparedness. Remind all that the Atlantic Hurricane Season continues through November; knowledge and preparation are the keys to being safe.

The BAMC Safety Office personnel are available for questions, guidance, and/or assistance on various training topics. Another source is the Army Safety Center which offers information on its website; visit <https://safety.army.mil/>.

CSM Crews and I thank you for your continued contributions and dedication to the BAMC Mission and Vision. Be alert and report; stay safe.

A Team Of Teams ... Creating Tomorrow's Today

JEFFREY J. JOHNSON
Brigadier General, U.S. Army
Commanding General



BAMC commander holds town halls focusing on command climate survey

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center Commander Brig. Gen. Jeffrey Johnson held six town hall meetings with staff to address areas of concern and provide his feedback and actions based on the results of the recent Command Climate Survey.

More than 1,000 staff members completed the survey, which focused on equal employment opportunity and equal opportunity driven questions regarding discrimination, sexual harassment and assault, and the general work environment.

"I want to spend some time reflecting back to you the things I heard inside of the Command Climate Survey," Johnson said.

"This is an opportunity to see ourselves and to learn so we can improve ourselves and continue to make this a great place."

The general said there were many positive comments in the survey, but he wanted to focus on the challenges and how to best address the issues.

"It's important to understand the barriers to reporting incidents. We must focus on removing the barriers," he explained.

For many of the issues the commander believes proactive education and training, an emphasis on leadership responsibility and accountability, and a sense of transparency will help to remove barriers and improve trust within the organization.



Brooke Army Medical Center Commander Brig. Gen. Jeffrey Johnson addresses staff members Aug. 24 during a town hall meeting to provide his feedback and actions based on the results of the recent Command Climate Survey. (Photo by Robert Shields)

"Everyone's contributions are of value to this organization," he said. "I'm looking at finding areas where we can have common policies and processes, which apply across our diverse workforce with differing business rules."

The commander said he recognizes there are differences between Army, Air Force, civilian employees and contractors, but emphasized we are part of one team with one purpose.

Johnson concluded by focusing on the BAMC mission statement, which is to promote health and provide safe, quality, timely, compassionate, patient-centered care while developing health care professionals and optimizing readiness.

"This is where we remain focused," he said. "My commitment is to provide the leadership necessary to focus the organization on mission accomplishment."

BAMC Behavioral Medicine seeks dog team

Brooke Army Medical Center/San Antonio Military Medical Center's Department of Behavioral Medicine is looking for a very qualified and dynamic dog team to aid in the department's health-care mission. Specifically, dog teams will therapeutically interact with patients who are psychiatrically hospitalized. Interested owners must be able to present all necessary certification documents at the time of interview. The team's certification must be issued by a licensed evaluator applying a nationally recognized curriculum and must include the

following information: picture identification of animal/animals and owner, name of owner and animal/animals; expiration date; temperament standard; name of the organization issuing the certification document; name and telephone number of Animal-Assisted Therapy or Animal-Assisted Activities supervisor; determination of animal/owner team status; DD Form 2209 Veterinary Health Certificate with updated immunization record or commensurate certified documentation issued by the state; and statement that the animal/animals is/are at least 1-year-old

and that the owner has had the animal/animals for over a year.

During the interview process teams must demonstrate the animal's ability to respond to the owner's commands. Owners/animals with a temperament not suited to an unpredictable, complex environment will be non-selected.

Call (210) 916-0970 or (210) 916-2096 to set up the required in-person interview. Please bring the animal/animals and all necessary documentation to the interview.

BAMC clinics earn national recognition as Patient Centered Medical Homes

By Elaine Sanchez and Lori Newman
BAMC Public Affairs

Three Brooke Army Medical Center clinics have earned the National Committee for Quality Assurance's highest level of recognition as Patient Centered Medical Homes.

The NCQA recognized the General Pediatric Clinic and Adolescent Medicine Clinic as Level 3 PCMHs, while the Internal Medicine Clinic increased its recognition level from level 2 to level 3.

"This recognition demonstrates our emphasis on the entire patient and family experience," said Maj. (Dr.) John Poulin, chief, General Pediatric Service. "It proves to our beneficiaries that our clinic is recognized as meeting and exceeding national standards of care seen in our civilian counterparts."

Poulin credits the clinic's success to a staff that never is "satisfied with the status quo."

"Feedback from our parents and our staff is both vital and encouraged," he said. "We hold weekly meetings with our entire staff in an open forum to discuss our current clinic processes relating to clinic flow and patient care. It takes a special group of people to accept all feedback and use it in a positive manner."

The open communication is paying off, Poulin noted. The clinic maintains a 96 percent overall satisfaction rate in its delivery of care and, per surveys, 97 percent of its parents would recommend the facility to others.

BAMC's Adolescent and Young Adult Medicine Service also stands out for its excellence in care, noted retired Col. (Dr.) Christopher Dillon, former chief, adolescent medicine.

The service is the largest of its kind in the world, he said, serving as a Patient Centered Medical Home for patients from ages

12 to 25.

"It is the only military adolescent medicine fellowship, producing more adolescent medicine subspecialists than any other fellowship in the world, while also training nearly 150 residents and students from military and civilian residency programs," he said, noting it's also the only adolescent medicine service in South Texas.

"Our patients should infer, as most of them already know or have experienced, that the Adolescent and Young Adult Medicine Service provides the highest quality of medical care," he added. "We received the highest level of recognition offered by NCQA. It is a confirmation of excellence."

For the Internal Medicine Clinic, NCQA recognition is validation that the clinic is delivering a high level of patient care expertise with a strong focus on care coordination and inter-service communication, said Maj. (Dr.) Long Nguyendo, Internal Medicine's medical director, noting that the IMC was first recognized by the NCQA in 2013.

"We take care of a large group of patients with multiple complex disease processes that require a significant amount of care coordination and medical expertise," Nguyendo said, noting that patient satisfaction is over 96 percent.

With patients always at the forefront, the clinic is planning to expand patient services even more in the future with a geriatric



Maj. (Dr.) R. Anderson, internal medicine physician, inserts acupuncture needles in Nelda Rodriguez's ears to relieve pain from her neck at Brooke Army Medical Center. (Photo by Maria Gallegos)

clinic and increased access to the procedure clinic, the doctor added.

NCQA -- a private, nonprofit organization -- recognizes clinics that emphasize care coordination and communication. It's the most widely used way to transform primary care practices into medical homes, which aim to improve patients' and providers' experience of care, noted PCMH Project Manager Calvin Williams, Clinical Operations Division.

USAISR researchers win Army's innovation award

By Steven Galvan

USAISR Public Affairs

Researchers at the U.S. Army Institute of Surgical Research, a subordinate command of the U.S. Army Medical Research and Materiel Command, were among the team named winners of the 2015 Major General Harold "Harry" J. Greene Award for Innovation.

Dr. John F. Kragh, an orthopedic surgeon and researcher, and Michael Dubick, Ph.D., Damage Control Resuscitation task area manager at the USAISR, were among the team receiving the award that included members from the medical community, academia and industry. The team developed, tested and fielded the SAM Junctional Tourniquet that was selected as the winner in the group category of the innovation award.

The SAM Junctional Tourniquet is designed to stop bleeding in junctional areas of the torso where limb tourniquets cannot be used like in the pelvic area or armpits. The SAM Junctional Tourniquet is FDA cleared and is an adjustable belt with two configurable and inflatable bulbs that can be applied directly to a hemorrhage area to control bleeding. The junctional tourniquet weighs less than a pound and designed to be applied in less than a minute.

"This is just another example as to how team efforts can work to deliver potentially lifesaving interventions to the battlefield," said Dubick. "As task area manager, it's my job to facilitate the research we do and to help primary investigators set up needed collaborative efforts with academia and industry."

"For me, this is professionally a real joy to have worked so well with such a comprehensive team of committed experts representing several stakeholders," Kragh said. "Even more moving for me is that those we knew and lost, like Corporal Jaimie Smith at Black Hawk Down in Somalia, are now able to be saved, like the Afghan policeman who had a virtually identical wound as Jai-



Michael Dubick, Ph.D., Col. (Dr.) Lance Cordoni and Dr. John Kragh hold a SAM Junctional Tourniquet that was selected as the 2015 Major General Harold "Harry" J. Greene Award for Innovation (Group Category) by the U.S. Army Materiel Command. Photo by Steven Galvan

mie. How good is that! This is as good as it gets."

Other members of the innovation award winning team include: Col. (Dr.) Lorne Blackburne, former USAISR commander and trauma surgeon at the Brooke Army Medical Center; Col. (Dr.) Lance Cordoni, Chief of Medical Consultants Division, Capability Development and Integration Directorate at the U.S. Army Medical Department Center and School; James Johnson, Ph.D., Director, Center for Applied Learning, Wake Forest University School of Medicine; and Lance Hopman, Head of Research and Development at SAM Medical.

"It's very satisfying to know that the Army saw the innovation to fill a capability gap to help prevent service members from dying from junctional wounds where standard limb tourniquets could not be applied, and so recognized us and the SAM Junctional Tourniquet for this Innovation Award," added Dubick. "As this is the

fourth Army Greatest Invention or Innovation Award for our group, all being team efforts, further reflects how relevant ISR is to the Army and Warfighter with respect to 'Optimizing Combat Casualty Care.'"

"I'm happy to be a member of the award winning team as it will shine more light on this lifesaving device," said Cordoni. "Hopefully we will get the SAM Junctional tourniquet into all Army training programs and medical kits, so that our medics will have these when they need them."

The award presented by the U.S. Army Materiel Command is a combination of the Army's Greatest Invention Award and the Soldier's Greatest Invention Award. The Greene award was named after Maj. Gen. Greene who was an innovator at USAMC. Greene was killed by gunfire while conducting an inspection of an Afghan military academy in 2014. The gunman was wearing an Afghan army uniform and the Taliban claimed responsibility for the attack.

BAMC optometry resident helps provide free vision care in Texas valley

By Lori Newman
BAMC Public Affairs

A Brooke Army Medical Center optometry resident recently participated in a week-long humanitarian mission to provide free medical, dental and optical care for residents in the Rio Grande Valley.

Army Maj. Brad Cunningham participated in the Remote Area Medical mission with a team of five fourth-year Rosenberg School of Optometry students and five second-year RSO students and another optometrist, Dr. Allison Chinn, July 25-29. RAM is an organization that provides medical care through mobile clinics in underserved, isolated, or impoverished communities.

Cunningham and his team set up shop in Juarez-Lincoln High School in Mission, Texas.

“The vision service was equipped to provide full scope optometry care for routine eye examinations including on the spot fabrication of prescription glasses,” Cunningham said.

“Beginning Sunday night there was a line of cars and people waiting to get their vouchers to be seen the following day,” he



Army Maj. Brad Cunningham provides a slit lamp examination July 27 during a free optometry clinic at Juarez-Lincoln High School in Mission, Texas, during a weeklong humanitarian mission to provide vision services to people living in the Rio Grande Valley. (Courtesy Photo)

said. “These patients slept in their cars and on the concrete outside the fence line of the high schools in hopes to be provided free

health care.”

In total, the optometry teams provided 986 full eye exams and fabricated a total of 885 glasses to improve their patients vision and quality of life. The teams also referred 58 patients to local specialists for further care due to newly diagnosed diabetic retinopathy, cataracts, glaucoma, and ocular cancer.

“Although humanitarian missions are a part of the BAMC Primary Care Optometry Residency program, they are a win-win experience,” Cunningham said.

“It was an honor and a privilege to serve our fellow Texans and at the same time create real-world training for the RSO students. I was truly humbled by this experience and only hope that my peers and I get more opportunities like this one.”



People line up to receive free care optometry services at Juarez-Lincoln High School in Mission, Texas, during a weeklong humanitarian mission. (Courtesy Photo)



Youth volunteers display their certificates of appreciation during a recognition ceremony at Brooke Army Medical Center, Aug. 2, 2016. A group of 76 teens volunteered a combined 5,800 hours at clinics and sections throughout BAMC this year. (Photo by James Camillocci)



Nathan Culbreath, 15, works in Logistics as part of the summer youth volunteer program from June 13-July 31. Culbreath makes sure critical supplies are checked in and readily available for medical personnel in operating rooms on the second floor of Brooke Army Medical Center. (Photos by Corey Toye)



Youth volunteers get first-hand experience working at BAMC this summer

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center partnered with the American Red Cross again this year to hold the BAMC Summer Youth Program from June 13 to July 31.

A group of 76 enthusiastic teens between the ages of 14-17 sacrificed part of their summer vacation to participate, volunteering a combined 5,800 hours to work in clinics and sections throughout the hospital including emergency medicine, logistics, optometry, hematology, behavioral health, neurology, laboratory services, pediatrics and much more.

15-year-old Nathan Culbreath waited in line with his mother nearly three hours to garner one of the last coveted spots in this popular program.

At first Culbreath wasn't happy about being in logistics, but he soon changed his mind.

"I wasn't happy about this job, because I thought it was just pushing mail around," he said. "Then I started and it

was really fun, because I got to know what goes on behind the scenes."

Culbreath assists Alvin Lococe, second floor logistics area manager, to make sure critical supplies are readily available to medical personnel who perform lifesaving operations daily.

Logistics plays an important role in saving lives, Lococe said. "We need to have the correct items in the correct locations at all times. Lives depend on it.

"He's a great kid. He catches on well. He goes to football practice and then he comes here and gives us everything he's got," he said.

"I realize that not everyone gets to see how a hospital works from the inside. Hopefully, by doing this Red Cross program it will impact these kids, so maybe they can see that they could save lives someday."

"This is a great teaching and mentoring opportunity for the staff as well," Lococe added.

Amber Wolff, who is helping mentor Culbreath, agrees.

"This is a good learning opportunity

for young people," she said. "It provides structure for someone who hasn't been in the work field before. They get to learn a bunch of different things.

"Nathan and the other volunteers are very eager and helpful. I look forward to working with them every day."

Culbreath said he really wants to become a pilot, but if he did work at a hospital he would choose logistics because it affects the whole hospital.

"We strive to give the youth an inside look at the world of healthcare and to hopefully inspire them toward that goal, a career in medicine, or to perpetuate their scholarly and career pursuits," said Michael Dulevitz, chief, BAMC Volunteer Services. "With luck, a few of them, because of their experiences at BAMC, will be our healthcare providers of the future."

Volunteer Services marked the end of the program with an award ceremony for the youth volunteers Aug. 2. BAMC Commander Brig. Gen. Jeffrey Johnson and Command Sgt. Maj. Albert Crews handed out certificates to

each volunteer as an acknowledgement of their hard work.

In brief remarks, Johnson praised the students for "stepping up" to do something different during their summer vacation, their parents for their support, and the BAMC staff who took time to assist the students.

"It absolutely warms my heart to know and to recognize these outstanding young professionals," the general said. "Individuals who decided they're going to do what it takes in order to reach their goals, or do what it takes to understand what their goals should be and make informed decisions about what they want to do in life.

"It's a pretty important piece for us to not only provide these youth with an example of how they can spend their volunteer time," he continued. "But also for them to get exposed to some of our nation's most valued treasure -- our patients, their family members, and those who have gone before us, our retirees and their family members."

Family caregivers are nation's unsung heroes

By Elaine Sanchez
BAMC Public Affairs

Two years ago an Ohio teacher was injured when teens threw a rock off a highway overpass in Pennsylvania. It crashed through the windshield of her family's moving car, crushing her skull and causing severe brain damage; a senseless act of violence with horrible repercussions. She survived but needed round-the-clock care.

Last week I was saddened to hear that her caregiver husband, Randy Budd, had committed suicide.

I wouldn't presume to guess what drove Randy to take his own life. I can only imagine the horror and shock he felt to see his wife of more than 30 years injured in that way; or the stress he felt as he shifted from husband to full-time caregiver.

An estimated 44 million Americans provide unpaid support to older people and people with disabilities, according to the Family Caregiver Alliance. Yet, most are ill-prepared for this role or for the emotional, mental and physical demands. Statistics show that between 40 to 70 percent of caregivers have significant symptoms of depression, which can lead to anxiety, substance abuse, and, in the worst cases, suicide.

I've seen first-hand how stressful and exhausting caregiving can be. I work at Brooke Army Medical Center, which serves as one of the key returning points for combat wounded from downrange.

In recent years, we saw miracles as rapid evacuation and advanced trauma care combined to create a combat survival rate greater than at any other time in history. Troops with complex traumas -- severe

burns and double, triple and even quadruple amputations -- just hours from injury, not only survived, but thrived.

Their awe-inspiring service and sacrifice were lauded in the media. But less visible and less lauded were the caregivers -- the husbands and wives, moms and dads, and even friends who left everything behind to rush to their loved one's side.

Several years ago I met Saralee Trimble, whose son had been badly injured on a roadside in Afghanistan. Then-Pfc. Kevin Trimble was just four months into his deployment when a Soldier standing a few feet away stepped on an IED. The Soldier was killed and Trimble lost both of his legs above the knee and his left arm above the elbow. Saralee left her job, husband and friends behind to stay at her son's side 24/7.

At the time Saralee told me the toughest part of caring for her triple amputee son wasn't what I would have guessed -- the strain of caregiving, the complicated logistics of navigating appointments, or the lack of time alone -- it was seeing her son in pain. "Knowing that he's suffering ... that's very hard," she told me.

She never gave a thought to her own sacrifice.

Closer to home, I watched my mom shift from wife and lover to caregiver in recent years as she shouldered the bulk of my father's care.

My parents had smartly saved throughout the years and retired early with plans to travel and volunteer, but an unexpected diagnosis of Parkinson's disease put a major crimp in their plans.

In a few short years, this debilitating disease left my father, a brilliant doctor and retired Air Force colonel, nearly helpless.

My mom now cares for him from sunup to sundown, feeding, dressing and bathing him without complaint. "He always took care of me," she told me once. "I am happy to do the same for him."

Still, I hear the strain and exhaustion in her voice as he declines. She worries about the mounting costs of health care and her ability to continue to care for him at home. Even worse, she's had to watch her lover and best friend of 40 years slowly slip away physically and mentally.

Reading about Randy Budd reminded me of how much family caregivers sacrifice and serve in their own way. I wish he'd reached out for help that Saturday night, but still don't believe his death was in vain.

Because of that rock tossed by thoughtless teens, he was instrumental in getting Ohio to require new or rehabbed bridges to be topped with fencing to deter vandals, and had been pushing for similar legislation in Pennsylvania. He truly made a difference.

Perhaps his death can also serve as a reminder of our unsung heroes caring for children, elderly parents, spouses, veterans and friends. As a society, we need to turn our attention to family caregivers; offer them our support, resources and appreciation. Together, we need to build them a safety net so they never hit rock bottom.

If you or someone you know is contemplating suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255. For veterans in crisis and their family and friends, call 1-800-273-8255 and Press 1, send a text message to 838255 or visit www.veteranscrisisline.net. If you are in immediate medical crisis, call 911.

BAMC celebrates trailblazers on Women's Equality Day

By Elaine Sanchez
BAMC Public Affairs

Trailblazing women who overcame obstacles and broke glass ceilings took center stage at Brooke Army Medical Center's Women's Equality Day event Aug. 26.

"The legacy of brave women who served — and continue to serve — our nation and the Department of Defense further inspire us to strive for liberty and equality for all Americans," BAMC Commander Brig. Gen. Jeffrey Johnson said in his opening remarks.

The women's suffrage movement began in 1848, when the first women's rights convention was held in Seneca Falls, New York, led by Lucretia Mott and Elizabeth Cady Stanton. It wasn't until August 26, 1920 that the 19th Amendment — giving women the right to vote — was ratified into law, the commander noted.

"In the 96 years since the 19th Amendment was ratified, women have made tremendous strides in every facet of American life, and we have learned that our country and all of us succeed when women succeed," Johnson said.

The commander welcomed guest speaker retired Maj. Gen. Jimmie O. Keenan,

former deputy commanding general (operations), U.S. Army Medical Command, and former chief, Army Nurse Corps -- a woman with a distinguished 30-year Army career.

Keenan expressed her admiration for the women who broke down barriers, spotlighting one she especially admires, Col. Oveta Culp Hobby, the first director of the Women's Army Corps.

Hobby, who earned a law degree from the University of Texas in 1925, started her career in politics, but later switched to the newspaper business after marrying the president of the Houston Post, William P. Hobby. In 1941 she accepted a job as the director of the Women's Interest Section, War Department Bureau of Public Relations. One year later she was named director of the new WAC.

"She had to fight that first year for resources and recognition, had to challenge the gender norms," Keenan said. At the end of Colonel Hobby's tenure, WACs filled more than 239 different Army positions. For her achievements, Hobby became the first woman in the Army to be awarded the Distinguished Service Medal.

After the war, Hobby served as the first secretary of the Department of Health Education and Welfare, now Health and Human Services, and later as the publisher, editor and president of the Houston Post.

"I want us to remember women (like Hobby) today," Keenan said. "These champions of equality offer inspiring stories



Brooke Army Medical Center Commander Brig. Gen. Jeffrey Johnson and Command Sgt. Maj. Albert Crews present retired Maj. Gen. Jimmie O. Keenan, former deputy commanding general (operations), U.S. Army Medical Command, and former chief, Army Nurse Corps, with a token of appreciation for speaking on Women's Equality Day at BAMC, Aug. 26. (Photo by Robert Shields)



Brooke Army Medical Center Commander Brig. Gen. Jeffrey Johnson provides opening remarks for the Women's Equality Day event at BAMC, Aug. 26 (Photo by Robert Shields)

that give us a better understanding of our place in history. They broke barriers across the military for us."

In closing remarks, BAMC Command Sgt. Maj. Albert Crews lauded the contributions of our nation's female service members. "I have worked with many female officers, NCOs and privates," he said. "I have learned over the years to have a great respect for what they bring to our team. We could not be the greatest Army in the world without them."

BAMC Refill Pharmacy re-opens, ready to serve

By Lori Newman
BAMC Public Affairs

The Brooke Army Medical Center Refill Pharmacy on Joint Base San Antonio-Fort Sam Houston reopened Aug. 12 after closing temporarily for needed repairs.

“The safety of our patients and staff is and always will be our top priority,” said Army Maj. Walter Unruh, assistant chief, Pharmacy Department, Brooke Army Medical Center.

Most of the operations performed within the Refill Pharmacy are transparent to our patients, explained Unruh. “The personnel at that location are responsible for refilling 30,000 prescriptions per month to support all the BAMC pharmacy locations in the outlying clinics and the hospital.”

“However, we realize this closure did affect our patients who use the Refill Pharmacy to pick up their prescriptions,” he said. “The closure also temporarily added to the vol-

ume of customers at both the Main Pharmacy and the pharmacy in the Moreno clinic.”

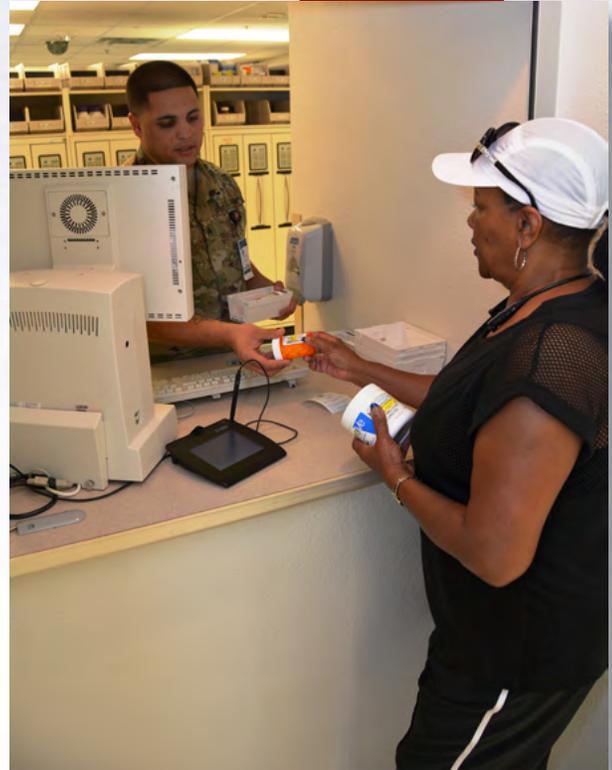
The repairs to the existing structure will sustain refill pharmacy operations until a new 6,000-square-foot pharmacy opens in the new Post Exchange once it is built.

“The 502nd Air Base Wing commander and BAMC medical logistics, facilities management and their partners were very supportive throughout the entire process,” Unruh said. “Without them none of this would have been possible.”

“The pharmacy department is always looking for ways to provide more options for our patients. We are looking at different ways to enhance our patient experience as we go forward,” Unruh said.

“We really do appreciate the patience of our pharmacy customers throughout the repair process and look forward to serving them in the future.”

To request a prescription refill, go to <https://www.tricareonline.com>.



Army Sgt. Dustin Belletty refills a prescription for Marcia Sierra-Williams Aug. 25, 2016 at the newly renovated Refill Pharmacy on Joint Base San Antonio-Fort Sam Houston. (Photo Credit: Robert Shields, BAMC Public Affairs)

Back to School Safety Tips

Back to school time means it's also time to think about safety. Here are a few safety tips to help keep you and your children safe all school year long.

Playgrounds

Each year, more than 200,000 kids are treated in U.S. hospital emergency rooms for playground-associated injuries. Most of these injuries occur when a child falls from the equipment. Take a look at the surfaces of your local playground. There should be a 12-inch depth of wood chips, mulch, sand or pea gravel. Mats made of safety-tested

rubber or fiber material also make great padding to help prevent injuries.

Backpacks

Take the load off your child by following these backpack safety tips.

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps.

Slinging a backpack over one shoulder can strain muscles.

Eating During the School Day

- Most schools regularly send schedules of cafeteria menus home. With this information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.
- Try to get your child's school to stock healthy choices.
- Drinking just one can of soda a day increases a child's risk of obesity by 60 percent. Restrict your child's soft drink consumption.

Improve Nitric Oxide levels by eating more leafy vegetables

By Army Maj. Trisha Stavinoha
BAMC Nutrition Department

If you needed another incentive to eat more vegetables, a Nitric Oxide boost is a great reason for any athlete hoping to improve athletic performance.

NO is a gaseous molecule made on demand and functions as a signaling molecule. What this means is it transmits information from one cell to another.

For athletes, it tells muscles to move faster, heal and grow through improved blood flow with vasodilation. This results in more efficient muscle contraction enabling athletes to train at higher intensities, getting them faster and stronger with less fatigue.

Athletes of all disciplines benefit from NO. Endurance athletes benefit from improved oxygen efficiency. Strength athletes benefit from muscle contractile efficiency. High intensity athletes benefit from bronchiole dilation and breathing easier. Low intensity athlete benefit from decreased blood pressure.

There are well over 500 various supplements claiming to boost NO levels and are usually sold as pre-workout products. L-Arginine is the main ingredient in many of these supplements, along with 10-20 other ingredients and caffeine. L-Arginine and L-Citruline are amino acids used to produce the enzyme that generates NO.

Supplementing has not proven to be all that effective since the actual conversion in the blood cell is rather complicated and requires oxygen, usually in short supply during exercise and at high altitude. People still spend thousands of dollars on these



products every year.

So how does an athlete boost their NO production? First, it is worth noting exercise alone boosts NO. This is partly why exercise is recommended to improve blood flow, circulation and lower blood pressure. NO is also why training results in improved performance. There are nutrients that assist in this process, nitrates being one of them.

Unlike L-Arginine, nitrates are easily converted to nitric oxide. Nitrates do not require oxygen or an enzyme to convert to NO either. Foods with high and very high nitrate content (>100 milligram per 100 gallons) include lettuce, beetroot, red beet leaves, celery, kale, spinach, arugula, basil, Chinese cabbage, endive, fennel and parsley. Most of your leafy greens are fantastic sources of nitrates.

Fruits tend to be lower in nitrates, but berries and watermelon have the most. The closer the food is to the soil, the more nitrates it will have. Therefore, roots and leafy foods tend to have the most.

Any athlete hoping to improve performance by improving NO production should train first, and consume 7-9 millimoles or 450-550 milligrams nitrates daily from vegetables.

This is easy if you consume four to five servings of the aforementioned vegetables every day. Just one cup of cooked kale will provide at least 400 milligrams nitrates.

There are now supplements that claim to contain high levels of nitrates, normally in the form of beetroot juice concentrates. There is no doubt they contain beetroot but how much nitrate is hard to determine as this is not listed on the label.

Since beets are a very high source of nitrates, they are likely to contain at least 200 milligrams per serving. These supplements make it easy to get a high dose of nitrates before a workout. The ideal time for a pre-workout beet boost would be two and a half to three hours.

There may be those concerned about nitrosamines, a byproduct of dietary nitrate/nitrite, being linked to cancer. This conversion is common in red meat under extreme heat such as frying. Vitamin C prevents this, which also found in the same fruits and vegetables as nitrates.

Athletes who enjoy making smoothies should use a three to one ratio of kale or any other high nitrate vegetable to fruit. If you are using this post workout, add a scoop of protein powder or some Greek yogurt. Adding a beetroot concentrate to your hydration source during the day can also be a way to boost your nitrate intake.

Other Happenings ...

at Brooke Army Medical Center



I Scream for Ice Cream

Brooke Army Medical Center's Department of Ministry and Pastoral Care celebrates the Chaplain Corps' 241st birthday July 29 by handing out free ice cream to patients and staff at BAMC and the CPT Jennifer M. Moreno Primary Care Clinic. (Photo by Robert Shields)



Yellow Rose

Brig. Gen. Jeffrey J. Johnson, Commander, Brooke Army Medical Center, congratulates Charlotte Uriegas, Family Readiness Support Assistant, BAMC Troop Command, as she receives The Yellow Rose of Texas award, Aug. 11. It is the highest award granted only through the Office of the Governor. The award recognizes outstanding Texas women for their significant contributions to their communities in the preservation of history, the accomplishments of the present, and the building of the future. (Photo by Robert Whetstone)



Changes of Command

(Above) Capt. Cleveland Bryant, left, takes the U.S. Army Institute of Surgical Research flag from USAISR Commander, Col. (Dr.) Michael Wirt during a change of command ceremony July 15. (Photo by Steven Galvan)

(Right) Col. (Dr.) Shawn Nessen, left, takes the U.S. Army Institute of Surgical Research flag from Maj. Gen. Brian Lein, Commanding General, U.S. Army Medical Research and Materiel Command and Fort Detrick, Maryland July 19. Lein hosted a dual change of command/change of responsibility ceremony where Nessen took command of the USAISR. (Photo by Steven Galvan)





World Breastfeeding Week

Army Col. Gloria Bonds, deputy commander for Inpatient Services, and Army Col. Jennifer Beddick, then-chief nursing officer at Brooke Army Medical Center cut a cake in honor of World Breastfeeding Week Aug. 5 in the Medical Mall. (Photo by Robert Shields)



Lactation Support

Lt. Col. Kristi Norcross, certified nurse midwife, and Dena Miller, lactation consultant, cut the ribbon to officially rededicate Brooke Army Medical Center's renovated staff and patient lactation room, located on the 5th floor, Aug. 26. BAMC rededicated its first lactation room, located in the Pediatric Clinic, last month. BAMC also offers a monthly Lactation Support Group to empower mothers to achieve their breastfeeding goals. For more information on the support group, call Carolyn Lowe at 210-539-9546. (Photo by Robert Shields)



Brooke Army Medical Center ELEVATOR ETIQUETTE

All staff members are expected to:

- NEVER get on elevators occupied by patients on stretchers
- REFRAIN from patient-related conversations in public spaces
- REFRAIN from cell phone use on the elevator
- ASSIST patients and visitors whenever you are able

Our Mission:

Promote health and provide safe, quality, timely, compassionate, patient-centered care while developing healthcare professionals and optimizing readiness.

Transport staff have been instructed to ask that you vacate an elevator if they need it. Please comply graciously. Our patients ALWAYS come first.

Thank you all for your personal commitment to truly making a patient-centered culture at BAMC!

SAN ANTONIO AREA MAP



Brooke Army Medical Center

JBSA Fort Sam Houston, TX 78234
(210) 916-4141



Center for the Intrepid

Bldg 3634
JBSA Fort Sam Houston, TX 78234
(210) 916-6100



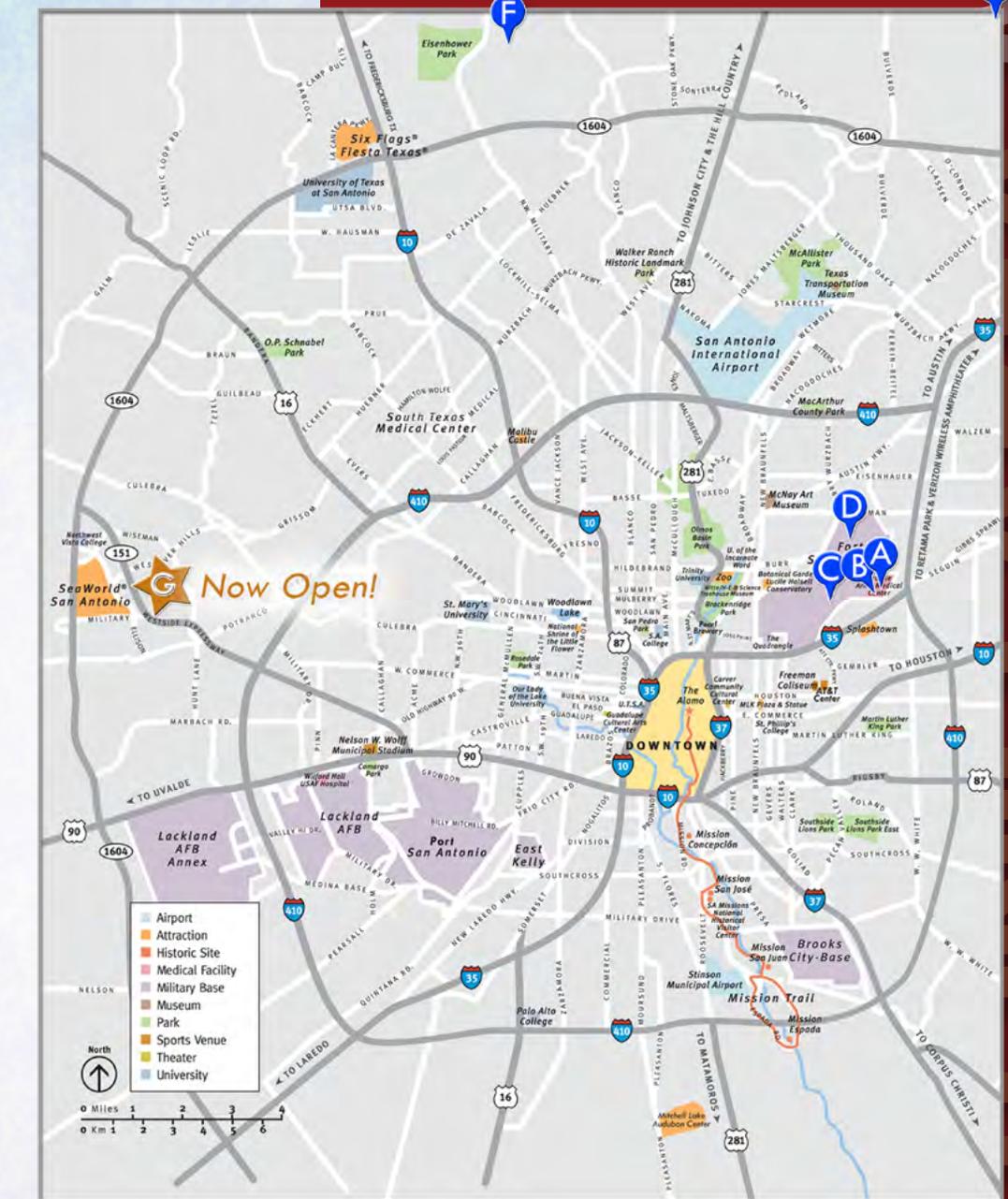
Moreno Clinic

Bldg 1179
JBSA Fort Sam Houston, TX 78234
(210) 916-4141



McWethy Troop Medical Clinic

3051 Garden Ave, Bldg 1279
JBSA Fort Sam Houston, TX 78234
(210) 916-4141 or (210) 916-4141



Schertz Medical Home

Horizon Center
6051 FM 3009, Suite 210
Schertz, TX 78154
(210) 916-0055



Taylor Burk Clinic

Bldg 5026
Camp Bullis, TX 78257
(210) 916-3000



Westover Medical Home

10010 Rogers Crossing
San Antonio, TX 78251
(210) 539-0916